PLANT FACT SHEET

Mesembryanthemum crystallinum L.

GENUS *Mesembryanthemum* **FAMILY** Aizoaceae

COMMON NAMES Iceplant, Common Ice Plant, Crystalline iceplant

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Seeds, Vegetable

The leaves are cooked and eaten.
The seeds are edible. They are roasted and ground into flour.

DESCRIPTION

A succulent herb or shrub. It lies along the ground. It grows 10-20 cm high. It can spread to 1 m wide. The stems are stout. The leaves are oval or heart shaped and can taper to the tip. They are thick and flat with many large glistening lumps. They are 3-8 cm long by 5-20 mm wide. The flowers are white and produced close to the plant. They open in the sunlight. The fruit is a capsule that is star shaped.

HABITAT

It is a subtropical plant. It grows on limey sands. It can grow in salty soils. It is usually close to the sea. It needs good drainage. It can grow in arid places. In Argentina it grows from sea level to 1,500 m above sea level. It suits hardiness zones 9-11. Tasmania Herbarium.

PRODUCTION

Cultivation

It can be grown from seed or cuttings.

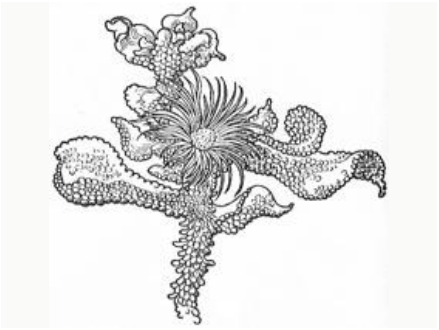
NOTES

It can be invasive. Also put in the family Mesembryanthemaceae.

PICTURES



Credit: Food Plants International (Bruce French)



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